

# SOUTHEAST VOICE

Serving the community leagues of  
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Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth,  
Ottewell & Strathearn.

October 2020



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## HOLYROOD DEVELOPMENT COMMITTEE UPDATES

### Holyrood Gardens

After learning from Regency Developments that the company is intending to apply to up-zone the Holyrood Gardens site again, The HDC encouraged residents within the notification zone to write letters directing any questions, concerns and comments to DER and Associates by the date on the notification. HDC also prepared a letter on behalf of the Holyrood Community League detailing our committee's initial non-support of the proposed changes. Please check HDC's website or Facebook page to see the full letter. The Strathearn Community League also submitted a letter with their feedback outlining submissions from concerned community and other stakeholders. The HDC asked that the Regency team take the opportunity to meet with the committee virtually in order to provide further details and clarifications. As of yet, we have not heard back from either DER and Associates or Regency Developments.

On September 16th, 2020 a letter from The City of Edmonton details of the proposed changes which would include increasing the number of dwellings on the north half of the site from 440 to 890. The HDC is currently in the process of reviewing the information received. Initially it would appear that there are proposed changes to building layout, building heights, floor plates and increase in parking numbers. The committee will continue to review the details and seek further clarifications. The committee will post further details to our website and Facebook pages--please stay tuned for more information. If you have any questions, contact Andrew McLellan at [andrew.mclellan@edmonton.ca](mailto:andrew.mclellan@edmonton.ca) and to cc The HDC at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org). The HDC would like to thank everyone again, in advance for all efforts and feedback. Please follow HDC on Facebook for updated information. You can also check HDC's website; <https://holyrooddevcomm.wordpress.com/>

## 9312 & 9320 83 Street

The Holyrood Development Committee (HDC) met with the owners of 9312 & 9320 83 Street and their consultants at Clarity Development Advisory on August 26, 2020 to discuss the proposed rezoning of these properties from RF1 (Single Detached or Duplex Residential Zone) to RF5 (Row Housing Zone).

The committee was encouraged that the development team reached out to us early in the process to discuss their plans, and were happy to answer any questions or concerns with the intent of having us share information with the community.

The owners are proposing to rezone these two properties with the intention to build five, two-storey townhouse units on the consolidated site. The owners expressed their intent to occupy one of the units, and rent out the remaining units at a relatively affordable market rate.

Each unit is set to be approximately 750 square feet per level, with three bedrooms and a small yard. Parking is proposed to be off the rear laneway via a single-car garage per unit, and possibly an additional pad for two more vehicles. The building height would be a maximum of 10 metres. Basement suites are not planned by the owners; however they are allowed under the zoning bylaw.

The property backs onto the future northern portion of the Holyrood Gardens redevelopment, and is located within 400 metres of the Holyrood Stop on the Valley Line LRT, which puts it within the Transit-Oriented Development (TOD) area. With that in mind, the owners could seek an even higher-density rezoning such as RA7 or RA8 (Low- or Mid-Rise Apartment Zones respectively), and would likely have it approved as it would also meet many of



Preliminary design provided by the development team, subject to change

the city's infill goals, especially for a TOD area.

It is therefore HDC's opinion that RF5 is a much more desirable zone that will limit the built-form to a more "gentle density" that better fits the existing neighbourhood context than what might otherwise be possible on the site.

The Holyrood Development Committee recognizes that infill and intensification are necessary for the fiscal and economic sustainability of the city, as well as for the continued viability of the community amenities that we cherish (such as Holyrood School) and nearby civic and commercial amenities that we all rely on (such as nearby grocery stores, the Bonnie Doon Leisure Centre, and more).

Our neighbourhood is changing, and we acknowledge that these changes create concerns about the character of our community. However, our community and its character are so much more than just the existing built form of housing. Ours is a highly desirable neighbourhood because of its location, its tree-lined streets, its parks, its amenities, and of course our friendly and welcoming neighbours. As such, we look forward to welcoming new neighbours to share in the wealth that is Holyrood.

Please feel free to contact us at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org) with any questions or comments.

## SECLA Fall Fest

On September 12, 2020, South East Community Leagues Association (SECLA) and community partners hosted a fall event at the Fulton Place hall. Claudia Bolli ([wildgreen.ca](http://wildgreen.ca)) gave a very informative talk in the hall about pollinator and edible gardens. We have provided a link to her presentation on our website ([secla.ca](http://secla.ca)) if anyone would like to access it. All attendees received a native plant seedling grown by the Edmonton Native Plant Society, and Society volunteers were also on hand to provide information about native plants.

Outside the hall, Jordan from Kompany Family Theatre provided family entertainment, and we had a concert by local performer Dave



Von Bieker. Volunteers shared information about the status of the Fulton Ravine South park project and other local projects. The Sunshine Garden also provided tours of their nearby community garden. The weather was not ideal for this event, but we made the best of it!

Thank you to all volunteers, we couldn't do it without you! This event was also supported by funding by TD Park People Grants.



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COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
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Holyrood (Chair)	Claire	holyrood@secla.ca
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Treasurer	Andrew	treasurer@secla.ca
Projects	Connie	projects@secla.ca
SECLA SEV Liaison	Erika	SEVliaison@secla.ca

## Thriving During a Pandemic

We are currently in the midst of a “perfect storm” comprised of a pandemic, economic crisis, and social isolation. Any of which alone would constitute a crisis, and we are experiencing all of them at exactly the same time! This may feel very overwhelming! Although I absolutely know we will get through this, some days feel really tough and it’s hard not to worry.

Since we are all unique we will have different responses to this situation, and it is vital we are respectful to everyone. When we are feeling overwhelmed we need to engage in nourishing activities to feel better. Some simple things that can be helpful include taking deep breaths, going for a walk, stretching, having a bath, dancing to music, calling a friend, and listening to positive podcasts. Most importantly look for the glimmers of good that you can be grateful for during this difficult time. Read full article at [www.facebook.com/edmontoncounselling/](http://www.facebook.com/edmontoncounselling/)

## Healthy ideas for back-to-school snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don’t allow nuts or peanuts because of allergies. Offer children water when they’re thirsty, and vegetables and fruit instead of juice, even if it’s 100-per-cent juice.

Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread
- Whole grain crackers
- Whole grain naan, roti or pita
- Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs
- Nuts or nut butters (check first to see if allowed at school)
- Meat, chicken or fish
- White milk

- Cheese or cheese string
  - Fortified plain soy beverage
  - Plain yogurt
- Choose these snacks some days:
- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
  - Fruit-flavoured yogurt
  - Baked crackers
  - Muffin
  - Granola bar
  - Dried fruit and nut mix
- Choose these snacks less often. These snacks are high in sugar, fat and/or salt:
- Candy or fruit gummies
  - Potato chips or fried snacks
  - Instant dried noodles

## Nature Walks



October can be a great month for nature walks with preschoolers. Walk along paths in a ravine, in a park, or along sidewalks in your neighbourhood. Whether you plan a daytime hike or an evening stroll, you’re together in the fresh, cool air, exploring nature around you. Your child can learn about the colours and shapes of fallen leaves, the texture of bark on different trees. You both breathe deeply and slowly, unplugged from screens and technology. Go to <https://tinyurl.com/y4ylncsf> to learn how both you and your child benefit

from these walks. For practical advice, check out <https://tinyurl.com/y3yx5jvd>. Try <https://tinyurl.com/yxd2sk63> to learn about free resources to connect kids and nature. As volunteers, we remain passionately committed to nurturing young children and supporting families. We will continue to raise awareness of the critical importance of the early years to success in life.

We hope you all stay healthy and safe.

- The South East Edmonton Early Childhood Community Coalition

## Laughs Over Lunch

Laughs Over Lunch (LOL) is Terra Centre’s first ever virtual fundraising event, hosted by Global TV’s Carole-Anne Devaney and featuring a live improv show by Rapid Fire Theatre! Terra Centre supports pregnant and parenting teens in Edmonton by providing them life-changing supports and services. LOL promises to be an inspiring, engaging and fun break to your day. Join Terra on October



8 12 pm to help us raise \$100,000 to ensure we can continue to help young parents reach their full potential! Tickets on sale at <https://terracentre.ca/lol-tickets/>

## Fulton Court Condo Social Club Halloween Event Canceled

The Fulton Court Condo Social Club executive regrets that they have had to cancel their annual Halloween distribution of goodies this year. Hopefully this pandemic will be no longer a concern by the next year.



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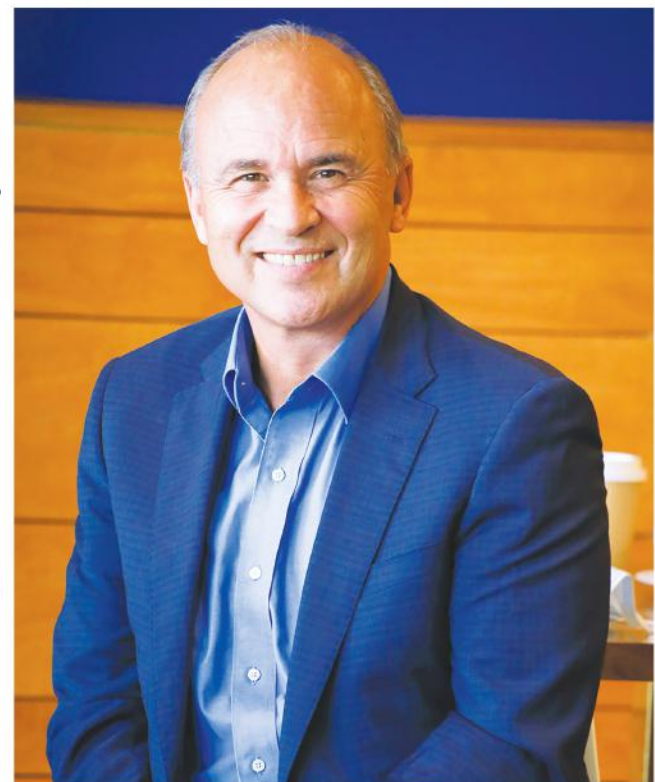
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## ABOUT RICK PETERSON

Rick was born in Drumheller, AB, the son of a RCMP officer and a nurse, and the grandson of Ukrainian immigrants who retired in Edmonton Strathcona after working in the coal mines of southern Alberta. A graduate of the University of Alberta, Rick played hockey with the Golden Bears and won a national championship with them in 1975. He also played baseball with the 1978 national senior mens' championship Edmonton Tigers, who played out of what is now Re-Max Field.

Rick is president of Peterson Capital, a company with ten employees and offices across Canada that helps finance and support Canada's leading growth companies in health care, technology, green energy and resource sectors. He's fluently bilingual, having studied and lived in France for ten years after graduating from the U of A. He has four adult children and one grandchild. He and his wife, Irish, have three Golden Retriever dogs, named Smooch, Beau and Olive.



HAVE A QUESTION OR WANT TO JOIN OUR VOLUNTEER TEAM? EMAIL US AT [INFO@RICKCPC.CA](mailto:INFO@RICKCPC.CA)



@RICKPETERSONCA



## Community League Board

President	Anita	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Secretary	Allison	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Bruce	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	vacant	contact Vice President

## Message from the President

Thanks to everyone who came out to Community League Day on September 19. Special thanks to Dynamo Dog Sports, The Caroline's, Starvin Marvin's Food Truck and local volunteers. It looked like everyone had a great time and enjoyed actually being able to meet and greet their neighbours. We had a special visit from Nancy Carlson of CBC TV, and we were featured in her afternoon broadcast on September 21.

Our Big Bin Event on September 12th was also a success. For once the number and size

of our bins matched the amount of trash and recycling.

We are planning more live and online events and activities for the fall. These include a scavenger hunt based on the places in the community that are key parts of our history, an online pet show, special Halloween events and a Gingerbread event in a box. Check the Avonmore website and Facebook page for updates and information.

Anita Lunden  
President

## Avonmore Community League Membership

2020/2021 memberships are now on sale and can be purchased from Dairy Queen (76 Avenue & 75 Street), at Avonmore Community League events and programs, online at efcl.org/membership or by contacting membership@avonmore.org

**Why become a Member?** Are you renovating?

Preparing for winter? Get discounts on paint and furnace cleaning. You can also save on snow removal, computer training and printing. Go to <https://efcl.org/members-benefits/> for a full list of benefits and savings to Community League members.

## AVONMORE YOGA CLASSES - ONLINE

An online yoga class is up and running on Wednesdays at 7:00. Instructor is Kat Boehm. The session started on September 23 and runs until December 16th. You can sign up any time to join the remainder of the classes. Cost is \$130 for the whole session or \$10 per class X number of classes left. A bonus with online classes is that they will be recorded and you can access them any time during the week after the class. No drop ins or single class registrations this session. To register contact president@avonmore.org.

## Abundant Avonmore

The Avonmore ACE Support Team is looking for Block Connectors to help our community become even more neighbourly! The role of the Block Connector is to be the point person, party person and/or listener. As a point person, you get to know the names of people on your block. As a party person, you might organize one block social per year (simple is best!). As a listener, you ask your neighbours about

their vision for the neighbourhood, what they would like to see offered by the league, and where they see an opportunity to contribute to the neighbourhood. Block Connector pairs are welcomed and encouraged! If this sounds interesting to you, please contact Wendy at ace@avonmore.org or 780-263-9561. We are hoping to discover 10 Block Connectors this fall/winter.



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## On Line Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or fcssdodie@shaw.ca

### • Infants Can Talk with Their Hands

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. Using both sign language and speech will not only ease your frustration, but also the frustration of your child. In this 4 week program, participants and their infants will learn a few basic sign language skills through the use of fun songs, stories, and handouts, all while promoting their infant's whole brain development.

Tuesdays from 9:45 – 10:30am  
Zoom Meeting (ID# to be given upon registration)  
October 13 – November 3, 2020

### • Autumn Fun for Everyone!

In this 4 week program, children will be able to join along in some songs, stories, movement, and crafts that are seasonally appropriate and fun to explore.

Wednesdays from 9:45 – 10:30am  
Zoom Meeting (ID# to be given upon registration)  
October 14 – November 4, 2020

### • Rhymes that Bind

In partnership with the Centre for Family Literacy, we are excited to introduce Rhymes That Bind, an oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, songs and simple movement games with their infants and toddlers in a supportive peer group. Join us to find out how Zoom Zoom Zooming to the Moon can help build your child to build a rich vocabulary!

Wednesdays from 1-1:45pm  
Zoom Meeting (ID# to be given upon registration)  
October 7 – December 16, 2020 (Omit Nov. 11th)

### • (A little) Messy Play is Fun Play

In this 4 week program participants will be encouraged to explore various types of messy play. A copy of any of the recipes used during the program will be available so that messy play can be created again and again.

Thursdays from 9:45 – 10:30am  
Zoom Meeting (ID# to be given upon registration)  
October 15 – November 5, 2020

Meet Your Community League Board

Community Leagues in Edmonton are run by board members who are volunteers. Often boards tend to be a list of names with little or no attachment to the people behind the positions. The Avonmore Board hopes to change that a little and introduce you to the current members of your Avonmore Community League Board. Each month we will highlight 2 people; an introduction to who they are and what their hopes are for the community and how they might achieve their goals.

**President:** Anita Lunden is in her second term as president. She has also served as membership director, vice president and director at large. As a volunteer she started the garden club and book club and senior's morning coffee, coordinates yoga classes and helps out with special events. Anita is also on the Board of the Edmonton Federation of Community Leagues and the South East Edmonton Community League Association.

As president Anita has three priority areas. First is getting residents actively engaged in issues that affect the community including community health and safety, development projects and rezoning, and transportation. The Board cannot begin to do it all. Second is increasing the role of the Community League in supporting the wellness - physical and mental - of residents. This has become increasingly important since COVID 19. We need to look after each other. Third is ensuring that League infrastructure such as the hall and rink continue to meet the needs of the community now and in the future. We need a ten-year plan for these facilities and others.

Anita and her husband Neil moved to Ed-

monton and Avonmore 13 years ago. She retired several years ago after working for the Government of Alberta serving in areas of agriculture, arts and culture, finance and supporting public agencies.

**Director of Communications:** Nathan Dorval is in his second term as Director of Communications. Nathan hopes to bring a greater awareness of Community activities through a combination of traditional outlets (like the South East Voice) and increased social media presence. He is currently working on redevelopment of the Avonmore website to improve functionality, ease of access and useability for members of the Avonmore Community. He hopes by improving the visibility of the Community League's accomplishments more neighbours will be inspired to help out.

Nathan and his family moved to Avonmore 6 years ago and have loved living in a mature neighbourhood, with a strong sense of community. He is an avid DIYer home improvement, renovation, and furniture making. He is also the founder of the Avonmore Community Garden which is just finishing its second growing season. In his professional life, He is a Professional Engineer and working in the oil and gas industry for nearly a decade.

His partner is a professional musician, composer, and music theorist who recently graduated with an Education Degree after pursuing a PhD in music theory at the University of Alberta and hopes to become a Professional Teacher. They have a 9-year-old daughter who loves animals of any kind, especially horses, and one day hopes to own a horse ranch.

Volunteers Opportunities

Please contact [president@avonmore.org](mailto:president@avonmore.org) or [vicepresident@avonmore.org](mailto:vicepresident@avonmore.org) if you are interested in any of the following roles or would like to know more about what is involved.

**Sharing the Position of Program Director:** We have one person who will take on the Program Director role if it can be shared with one or two other people. An option might be to have one director for each of the following areas: children and youth, adult and family and special events.

**Editing and Designing Community Newsletter:** We produce a community newsletter 3 times a year - spring, fall and winter. We need someone with design and graphics experience to take the information provided by directors and volunteers and turn it into a document that is print ready. Templates from previous newsletters are available. This person could also assist with design of posters and promotions for League activities. Thanks to Nikki Stalker

who did an amazing job of preparing the newsletter for several years.

**Coordinating the Parent and Tot Program:** For a number of years parents and young children have been gathering at the hall and playground 1 morning a week. We need a parent(s) willing to restart this program once the hall has reopened and/or continue the program online or outdoors as needed. Thanks to Yaara Ben-Ami who coordinated the program for the last 2 years. She and her team made it a great success.

**Helping with Events, Programs and Special Projects:** This can include anything from giving an hour of your time to help set up or clean up after an event to sharing your skills and experience on special projects over weeks or months. Volunteering is the best way to get to know your neighbours and your neighbourhood and to make Avonmore an even better place to live.

Avonmore Garden Club

Our club has been busy working on the programming for the next several months. Below is a list of events for the remainder of the year and the first few months of 2021.

**October 24, 2020:** How to prepare your yard for winter with Patti. Learn to winterize your prized perennials trees and bushes.

**November 21, 2020:** How to do microgreen gardening with Dayna. Learn how to grow herbs and veggies all year long.

**January 2021:** Presentation # 3 of continuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens. Specific Saturday to be determined at a later

date. Admission of \$5.

**February 2021:** Presentation # 4 of continuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens. Specific Saturday to be determined at a later date. Admission of \$5.

**March 2021:** Success and Failures by garden club members. A collage of pictures from various club members on success and failures in your garden. We have not done this event in a couple of years, so it's perfectly fine to submit items from previous years. Remember to take pictures and email them to: [gardenclub@avonmore.org](mailto:gardenclub@avonmore.org). ( More Garden Club page 6)



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## Fees and Honorariums (Continued from Garden Club page 5)

The intention of the Avonmore Garden Club has been to provide for our members, and for the larger community, learning opportunities that foster and grow our community involvement and spirit through our love of gardening. Our talks, workshops, and social get-togethers have been organized with that intent.

We have tried to complement our programming with speakers who are engaging, professional, and experienced so they keep us

interested and informed.

However, these speakers cost money as we pay them a small honorarium. Our club would like to continue to be able to bring these speakers and arrange club activities, but to do so, we need some funds. As such, we have decided that a small fee of \$5 will be charged for some of our talks. We will use the Eventbrite online tool for registration and payment.

## Avonmore Book Club

The Book Club continued to meet over the summer in backyards and around campfires. Reading is one activity that is COVID friendly.

Here is a list of some of the books club members have read and recommended. New members are always welcome.

Contact [president@avonmore.org](mailto:president@avonmore.org) if you are interested. Next gathering is October 18th at 7:00 p.m.

White Privilege Unmasked- Judy Ryde  
The Next Great Migration - Sonia Shah  
Bad Ideas - Missy Marston  
He Drown She in the Sea - Shani Mootoo  
Twilight is not Good for Maidens - Lou Allin  
Me and White Supremacy - Layla Saad  
Putin's People - Catherine Belton  
White Fragility - Robin DiAngelo  
Imperial Plots: Women, Land the Spadework on the Canadian Prairies - Sarah Carter  
We Should All Be Feminists, by Chimamanda Ngozi Adichie,  
The Darwin Affair' by Tim Mason



The Skin We're In - Desmond Cole -  
Songs for the End of the World - Saleema Nawaz -  
The Red Power Murders - DreadfulWater Series - Thomas King -  
The Patch: The People, Pipelines and Politics of the Oil Sands - Thomas King -  
Deafening - Frances Itani  
What is the What - David Eggers  
The Queen's Lady - Barbara Kyle  
Sarah's Key - Tatiana de Rosnay  
American Dirt - Jeanine Cummins

## Upcoming Events

Watch Facebook and the website for details on:

Halloween Party in the Rink - October 17th

Reverse Trick or Treating with Theatre Garage - October 24th

## Avonmore History Project

We are creating an online history of the Avonmore community and league. Right now, the project is a group on Facebook - search for "Avonmore History Project" - as well as a collection of pictures, documents, and stories. Eventually the material will be moved to a permanent area of the [avonmore.org](http://avonmore.org) website. What we need are stories, pictures, news clip-

pings etc.

Next fall - COVID permitting - we will hold a gathering of early Avonmorites to share what we have collected and to gather more material.

If you have material to donate or stories to tell, either add them to the Facebook group and/or contact Anita at [president@avonmore.org](mailto:president@avonmore.org) or 780 222 4482.

## Making our Playground and Parks Safer Places to Play - Meeting October 8


A number of incidents at the playground and spray park over the summer have raised concerns about the safety of children in the playground and park area. The Community Empowerment Team from the City has come out once to meet with concerned residents and will be back on October 8th from 2:00p.m. to 5:00 p.m. They will be in the playground area for the first half of the time and then there will be a meeting of interested parents and residents in the hall. The purpose of the meeting is to identify the issues and begin to develop a plan to improve the safety of the playground and park area.

Most of the incidents raising concern involve groups of older children and youth congregating in the playground area and intimidating and/or threatening younger children and in some cases actually knocking them down. Recently groups of youth have been

found hanging around the playground area in the evening. They are vaping, using the playground equipment in a way that will cause damage, and leaving garbage behind.

Some of the issues have likely arisen because there were few activities for youth this summer, and that continues to be the case for fall and winter. Also, the playground is the only area with tables and benches, thus attracting youth. One solution to be discussed is if and how to establish a separate area of the park that could be used by youth instead of the playground.


In the meantime, we recommend that parents accompany children to the playground or check on them frequently. If parents or children feel physically threatened, they should call 911. Other incidents of concern should be reported to the non-emergency number of EPS - 780 423 4567.



My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

100-8925 82 Avenue  
780.414.1015  
[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

 **Marlin Schmidt**  
MLA Edmonton-Gold Bar



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

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## Nextdoor App

A new app called Nextdoor has recently been launched in Avonmore. Nextdoor acts as a virtual neighbourhood hub designed to grow trust and kindness in our neighbourhood. It's a place-based app (you have to be an Avonmore resident to be part of our neighbourhood group) where you can keep informed about things relevant to our neighbourhood, ask questions, connect with neighbours with similar interests, offer your skills and ideas, and help Avonmore grow its reputation as one of the most neighbourly neighbourhoods around!

While Avonmore's Facebook Chat group meets many of the needs of our community, Nextdoor provides a few additional benefits, all in one place:

- Your private information is not shared - people that have chosen not to use Facebook

for this reason can be part of the Avonmore neighbourhood conversation

- There's a help/asset map where members can identify skills and helpful things, they are willing to do for others in the neighbourhood

- Members can create subgroups - this is great for connecting neighbours on the same block, or people who share similar interests (knitting group, families with children under 5, ultimate frisbee fanatics, etc.)

- Local businesses get the opportunity to advertise to nearby neighbourhoods - Facebook posts ads from around the world

- You can send messages out to everyone in the neighbourhood in an emergency

If you're already on Nextdoor, invite your neighbours to join. If you'd like to learn more, check out <https://about.nextdoor.com/ca-en/> or email Wendy at [ace@avonmore.org](mailto:ace@avonmore.org).

## Outdoor Soccer Program

The Outdoor Soccer season has ended after a great summer despite the challenges everyone has faced. During the summer months we had a 4 U5 league made of 4 teams play out of the Avonmore rink. Our U7 team played out of Ottewell fields, and our U13 boys team played games against the ESESA storm U13 boys'

team and an undisclosed U13 boys' team. All the kids had fun and successfully managed to stay safe and healthy. Thank you to all the coaches and parents for keeping everything running. Indoor soccer registration is now open. Please contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org) for more information.

## Neighbourhood Renewal and Park Paving

It was great to see Park Paving back to fix the cracks and other faults in the work done three years ago under Neighbourhood Renewal. They started on the east side of 83rd and will

work and will move to the west side after that. They are also fixing areas of the sidewalks and streets in need of repair that were not part of their original work.

## Online Community

Are you on Facebook? "Like" Avonmore Community League and join "Avonmore Community League Chat" to follow what's happening with the Community League and see what your neighbours are talking about. Other groups include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore Con-

cert Series". Come join us! Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community and join the conversation using #YEGAvonmore

Twitter: @AvonmoreLeague  
Instagram: avonmore league

## Neighbourhood Watch

Edmonton Neighbourhood Watch is a passive program to help build safer communities. Watch this section for simple and easy tips on how to increase the security of your home.

### Yards

Ensure your fence and gate are in good repair. Keep your gate locked at all times. Install privacy slats in chain link fences. Plant thorny plants under windows to deter in-

truders.

Never leave ladders in your yard. They could be used to reach the higher windows of your home. Place motion sensor lights near doors or in dark areas of your yard.

Eliminate hiding spots by trimming bushes and shrubs down to a height of 60 cm (2 feet). Trim off lower branches of large trees to 1.5 m (5 feet).



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## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780 446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	VACANT	
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	<b>Lyris</b>	<b>780 242-8874</b>
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City - NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept - June

**Capilano Community is on Facebook "Like Us"**

**Check us out on Instagram @capilanocommunity**

## Capilano Community Memberships

Capilano Community Memberships are available for the 2020/2021 season.

Family \$20

Senior couple \$10

Single \$10

**Need a Capilano Community Membership?** Contact Jean at 780-863-0914.

As well, memberships are available at:

--"All Care Pharmacy" located at

5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only). Thanks to "All Care Pharmacy" for supporting our community!

--Servus Credit Union, Capilano Mall #110, 5615 - 101 Avenue (Cash only). Note: \$5.00 fee attached to the purchase.

--SEESA (South East Edmonton Seniors Association), 9350 - 82 Street. Available at front desk during

business hours (Cash only). Note: Currently closed due to COVID.

--Edmonton Federation of Community Leagues (online only).

Note: EFCL adds a \$5.00 admin fee.

Your community league membership also offers a number of perks, deals and discounts from various local businesses and organizations. Go to efcl.org for more information.

## Choose Capilano Hall for your Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, wood flooring, and all amenities are available to make any event special. With the new COVID restrictions based on Alberta Health recommendations, we are only able to accommodate events of 25 people or less to ensure the 6ft physical distancing requirements. Additionally,



the hall will provide disinfectant for cleaning after your event but will not provide PPE or hand sanitizer. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members.

The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena - 780-909-5886, Maria - 780-984-6839, or visit our website at capilanocl.ca.

## Capilano Rink Attendants required



Capilano Community League is looking for rink attendants for the 2020-21 season. More

information about this role will be posted on our website mid-October.

## Capilano Social Media Lead needed!

The Social Media Lead is responsible for managing, updating, and maintaining CCL's social media communication. This role will be responsible for creating a social media plan that includes identifying new methods for communicating with our diverse audience, creating and managing regular and timeline posts, promoting community events via social media, encouraging interactivity and engagement through our social media, tracking the effectiveness of our social media work and recommending ways forward.



This role will also be asked to attend monthly board meetings, events and activities to discuss plans for social media and collect content.

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\*\*conditions may apply





## Capilano Community Coloring Contest

*And the Winners are...*

**ADELYN (AGE 5)  
&  
MAXWELL (AGE 8)**



**THANK YOU TO EVERYONE WHO  
SUBMITTED AN ENTRY.**

### Wanted - Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g. heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or paint-

ing and where approved, gathering quote and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus. This is a board position, so the Building and Grounds Directors is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May and June). If interested or have questions please contact Kris at K.cramer@telus.net or 780-720-9003.

### Capilano Babysitting and Stay at Home Alone Courses

We have re-scheduled the Babysitting Course and the Stay at Home Alone Course for November 7 and 8, 2020. For those already registered, we will be reaching out to you directly to confirm attendance.

The Babysitting Course is designed for 11-15 years.

Cost: \$45 for Capilano members and \$68 for non-members.

The Stay at Home Alone Course is designed

for 9-13 years.

Cost is \$35 for Capilano members and \$58 for non-members.

If your kids are interested in participating in these courses, connect with Maria at 780-984-6839 or Marzena at 780-909-5886 for registration.

The courses are facilitated by Breath For Life at <https://breathforlifeinc.com/first-aid-and-cpr-courses/>



# Ottewell Public Curling Club

**"Friendliest Curling Club in Town"**

**Are you a "grounded" Snowbird?  
Or someone looking for a winter fun time?**

## How about curling?

### Beginners Welcome

**NO LATE DRAWS -No experience necessary!**

### Open Leagues

**No experience necessary!  
Join as a team or individual.**

### Tuesday Ladies League

**No late draws!**

### Senior Daytime Leagues

**Available for men or women.  
no experience necessary!**

### Friday Mixed League

**No late draws. Great night out!**

## Lessons Available!

We follow all Alberta Health Services guidelines.

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**(Em) [ottewellcc@shaw.ca](mailto:ottewellcc@shaw.ca)**

**(W) [www.ottewellcurlingclub.com](http://www.ottewellcurlingclub.com)**

***Come experience the fun***



# HAZELDEAN - SOUTHWOODS VILLAGE UPDATE

## New Projects

Planning work continues on the proposed active adult 4 story rental apartment, Terra Court South, immediately south of the existing Southwoods Court North.

And on The Mews, our future 6 story adult rental project with underground parking.

Construction late in 2021 is anticipated.

## Zoning Application

The zoning application is to amend the current DC2 apartment zoning on Southwoods North to RA7 and RA8 apartment zoning of 4 and 6 stories respectively.

The north east corner of 96th St and 66th Ave, at the 4-way stop, is being converted to CNC to permit the modification of the existing town homes to commercial purposes for the benefit of Hazeldean and Southwoods Village residents.

The Public Hearing is scheduled for September 21st, 2020.

Chelsey Jersack of Situate Planning is

handling this rezoning and is available to answer any questions that you may have, to the best of her ability.

For more info, visit:  
[www.situateinc.ca](http://www.situateinc.ca)  
or call 780-974-4956

## Christenson Health Services introduces Custom Supportive Living in Southwoods Court North

## Site Based Home Care

Christenson Health Services (CHS) is introducing Custom Supportive Living (CSL) to the Residents of Southwoods Court North. Our hope is to incrementally grow Site Based Home Care to 24 hour on site, on call service.

For more info, visit:  
[www.cdlhomes.com](http://www.cdlhomes.com)  
Or contact Faith Gwinji at  
[Faithg@cdlhomes.com](mailto:Faithg@cdlhomes.com)  
780-394-8233

## Housing for Health

The pilot projects for Southwoods Village and Whitecourt Village by Housing for Health to improve public health and aging in place continues under the leadership of Dr. Karen Lee.

For more info, visit:  
[www.HousingforHealth.com](http://www.HousingforHealth.com) or  
contact Hui Ren at [hren1@ualberta.ca](mailto:hren1@ualberta.ca)

## Southwoods Court North

Southwoods Court North (SCN) has a handful of units still available for immediate occupancy.

Lynne Christenson continues to manage SCN with the assistance of husband Tony and our live on-site staff including daily meals by Andy and Aissah.

For more info, contact Lynne at  
[LynneC@cdlhomes.com](mailto:LynneC@cdlhomes.com)  
780-975-2509

## Southwoods Village North - Town Homes

Diane Tancsics continues to manage our Christenson Equities Ltd.

townhouse and redevelopment site north of 66th Avenue to 68th Ave between 94th St and 96th St.

State of the art TELUS fibre optic and TELUS Optic TV will be installed into all 160 existing town homes starting in August of this year. Southwoods Court North is already served by Telus Optic.

## Southwoods Village South - Town Homes

Christenson Equities Ltd. is happy to welcome Right at Home Housing Society to Hazeldean and to Southwoods Village as the new purchaser and owner/operator of the 76 town homes south of 66th Ave between 94th St and 96th St.

Right at Homes is a very credible, respected local owner/operator of affordable family town homes in North Glenora and Millbourne, and is great supporter of strong communities.

Long time Edmonton firm, Ayre and Oxford, will be their property managers.

For more info, visit:  
[www.RightatHomeHousing.com](http://www.RightatHomeHousing.com)



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# Capilano Community Scavenger Hunt

Explore the most interesting places in your community!

**Send your answers in by October 18th .**

**Email them to:**

**zena823@shaw.ca**

When you successfully complete the course, email us your answers and your name will be entered in a draw for a gift card.

**The following paragraph is your first riddle:**

"From a chained seat, I see a desert. In this desert, I see a jungle. In the jungle, I see a contraption for monkeys, and an easy way to the ground. Where am I? Find the next riddle near the chained seat."

## GOOD LUCK!

**Remember to bring a piece of paper to track your findings.**

## Total Body Fitness is Outdoors!

Your strength and cardio class is being offered outside! This is a strength and cardio focused workout, everything can be adapted and modified and so every fitness level is welcome!

Classes are held on Tuesdays and Thursdays at 6:45 p.m. and 8 p.m.

There are 10 spots per class, and they sell out quick!

These classes are COVID compliant - pylons are placed at 12-foot intervals, and everything touched is sanitized before and after each workout. We will be outside for as long as possible.

### Fall Class Dates:

Tuesdays and Thursdays from Sept 8/10 – Oct 27/29 (8 weeks)

**Costs:** \$80 for one day a week, \$160 for two



days a week for CCL members.

\$88 for one day a week, \$176 for two days a week for non-CCL members.

Sorry no drop ins or 5 passes available currently due to COVID.

For more information or to register email lisashortenfitness@gmail.com or call 780-221-9857 or visit @lisashortenfitness on Facebook or Instagram.

## Fall Tai Chi Chih Class

**Start:** Six-week class begins: Monday October 19, 2020

**Day/time:** Mondays from 12:00 p.m. – 1:00 p.m.

**Location:** Capilano Community Hall (10810-54 Street)

**Cost:** \$80

Tai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating effect. This series of 20 energizing move-

ments is an effective form of moving meditation. Benefits can include improved mental and physical well-being, improved balance, increased energy, and relief from pain and stress. Class is suitable for all ages and abilities.

Contact: Sharon Melvin (Accredited Tai Chi Chih Instructor) at 780-288-2004 for more information and to register, and check out www.relaxwithtaichi.com.

## Capilano Playschool – Spots Available!

Do you have a child who will be 3 or 4 this Fall? Playschool is a great way for your child to socialize with other kids in the community and enjoy a Learn through Play program with our great teacher Ms. Jo! We are offering a Healthy

Apple Class Tuesday/Thursday mornings. We still have spots available!

For more information, or to register, please contact Bethany at 780-802-9307 or capilano-playschool@hotmail.com.

## Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or patrick.ccl@shaw.ca

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 St and 108 Ave.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).

Small business/commercial advertising -

\$25. Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal.

Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

## Karate at Capilano Community Hall

Young or old, it is never too late to be a karate kid! Learn from one of Western Canada's senior instructors of Goju Ryu Karate. A 5th degree black belt instructor with international certification and decades of instructional experience. Get active, do something new. Traditional martial arts in a recreational setting.

**Where:** Capilano Community Hall (10810-54 Street) **When:** Every Wednesday evening

**Times:** Youth/ Family class: 6-7 p.m., Adult class: 7-8 p.m., Kobudo 8-9 p.m.

**Cost:** \$30/month for one; family rates available. For more information, visit kaizendojo.ca or email kaizen.dojo@shaw.ca

## Capilano Community Seniors' Program

Due to Covid-19, a brand-new program run by SCONA Seniors, which we were going to bring to Capilano Community this past spring for our Seniors, had to be postponed.

However, SCONA Seniors now have an outreach telephone program.

Simply call the SCONA Senior's program at 780-433-5377. This is the first step to feel

reconnected, less lonely, and supported and assisted in solving problems that may arise in daily lives.

Come and explore with us the fun ways we are trying to make sure seniors are not lonely and bored!

Pick up your phone and call SCONA Seniors!

## Hardisty Gymnastics Update

It is with regret that the director of Hardisty Gymnastics will be cancelling the 2020/2021 season.

Due to COVID and the frequent high touch surfaces, this program will be cancelled for this season.

The program also runs out of EPSB and

ECSD facilities which are currently closed to outside rentals. Thank you for the continued community support of this program, please watch as always for updates through the Capilano Community League website, Facebook page and SouthEast Voice publications.

*Sauna D, Director of Hardisty Gymnastics*

## EFCL Park Play Thank You!

Capilano Community League would like to thank Serena S. for her hard work running our EFCL Park and Play, for July and August. Rain or shine, she was out there providing safe

and fun activities for our community kids. We would also like to thank her volunteers Sierra S. and Ada S., more helping hands make lighter work! Thank you for running this fun program!

## Podiatric foot care!

### 780-466-5290

**Dr. Jeannette Furtak, DPM**

**#302 Capilano Centre**

**9945 – 50 Street**

**\* Nails, callous, heel pain, toe problems**

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## Cloverdale Community League Celebrates Centennial

On Friday, September 18, 2020 neighbours, families and friends gathered outdoors at the Cloverdale Community League (CCL) hall for games, picnics, music from the Edmonton Symphony Orchestra brass quintette and a screening of "Up". All this was pulled off in a family friendly and COVID-19 safe manner to celebrate the 100th anniversary of the Cloverdale Community League. Thanks to Michelle K. and other volunteers for hosting such a great celebration.

The Cloverdale neighbourhood is one of Edmonton's oldest and in 1920 a group of visionaries formed the Bennett School Community League, one of the original eight that were formed at the time. Since then the mantle of building community passed to the CCL. Current CCL members thank previous and current volunteers for the countless hours that they contributed year after year to build Cloverdale into the vibrant caring community it is today.

The CCL boasts an array of amenities for neighbours – an outdoor skating rink, spray park, playground, easy access to Gallagher Park, the North Saskatchewan river valley



and the Edmonton Ski Club. The recently renovated community hall is fully accessible and features many energy efficiency features such as a high efficiency HVAC system, upgrades windows, doors and insulation which all make the hall more comfortable and cheaper to operate. A 19.2 kW solar energy array produces renewable electricity and also helps pay the bills by exporting excess electricity back to the grid. The very active Community Garden club produces a wide variety of fresh produce for the individual plot holders. The club also donates produce to the Edmonton Food Bank every season.

We're all looking forward to the next century of neighbour building!

## Community Garden

The Cloverdale Community Garden Club had another great season. Novice and veteran gardeners alike planted, watered, weeded and harvested beans, carrots, peas, kale and Swiss chard. The individual crops were bountiful and colourful. In an otherwise bleak summer, the community garden was a great way for us to be outdoors safely, visit and work in the sunshine.

The Cloverdale Community Garden Club has dedicated a portion of our allotment to crops that are donated to the Edmonton Food Bank. This year we planted zucchini and potatoes. We really appreciate the donation of zucchini seeds from Apache Seeds. The club donated an estimated 90 kg of zucchini. The



potatoes will be harvested and donated at the end of September.

## Abundant Community

The Cloverdale community is part of the city-wide Abundant Community initiative. "Get Neighbouring" is a way to care for and build the social networks in our neighbourhood. Some of the benefits of neighbouring include:

**Health & Wellness** – More and stronger relationships improve health. The neighbouring relationship is often overlooked as a unique and potent source of personal well-being.

**Mental Health** – Having access to consistent opportunities to build meaningful relationships opens the door for a troubled neighbour to connect with a supportive neighbour and benefit from human to human connection.

**Social Care** – Neighbourhoods are "the villages" that can reasonably and responsibly take on care beyond the family, looking out for children, seniors, marginalized, especially the most vulnerable.

**Companionship** – Belonging, engagement and connection are essential to human thriving. Friends and families are not always, or

sometimes not ever, available. Neighbours can be company and companionship nearby.

**Recreation** – Mental and physical fitness are enhanced by local, easily accessible and often impromptu opportunities for play and social connection in leisure time.

**Seniors Isolation** – Connected "blocks" (e.g. block, cul-de-sac, apartment or condo building or floor) naturally look in on seniors and keep caregivers informed.

**Youth Mentoring** – Supportive mentoring relationships can naturally occur in the neighbourhood when neighbours of all ages get to know one another. Neighbours can feel empowered to intervene when children misbehave – sharing care of the young and creating 'the village' to raise our children.

We're always on the lookout for block connectors, whether that block is a floor of a condominium building or a street. For more information contact Marilyn, the Cloverdale Neighbourhood Connector at neighbourhood-connector@cloverdalecommunity.com.

## Big Bin Event Gathers Unwanted Trash and Treasures

Saturday, Sept. 12, 2020 had a great turnout for collected unwanted items from our Cloverdale residences and yards.

This year we had only one 30 cubic yard bin but still collected 2950 kg of waste = 73.75 kg/household with 40 persons dropping off items. And some claims of new treasures recycled from the bin.

Considering COVID-19 concerns and short notice, we still did reasonably well compared to previous years when we combined the Big Bin event with the spring clean-up.

2019 – two 30 cubic yard bins – 4250 kg = 94.4 kg/household (45 participants)

2018 – two 30 cubic yard bins and one electronics bin – 3634 kg (51 participants). This included 704 kg of electronics.

Big thank you to **Reg K.** for arranging for the bin rental and pickup as well as the coordination with the City and the grant that was applied for in the Spring. Other volunteers made smooth collection, bin packing, sorting etc. Thank you so much for all your assistance: **Dan H., John B., Margaret M., Lindsay C., Bev B., Stacy B., Michelle R., Val B., Ger-**



**maine T., Marilyn M. and Kevin S.**

Aside from the positivity surround the disposal of unwanted large items, we gathered and swapped an assortment of lightly used toys and collected a good quantity of books for our "take a book/leave a book" outdoor library. In fact, these items were available at the Centennial event this Friday, Saturday September 18, 2020 outside the hall.

Also, some perennial plants were dropped for anyone wanting to add to their gardens this fall in anticipation of another growing season next year.

## Board Vacancies

The CCL board currently has two vacancies. The board is looking for interested volunteers to fill the role of Communications Director and

Edmonton Folk Music Festival (EFMF) Liaison Director. Contact Reg at pastpresident@cloverdalecommunity.com for more information.

## Membership

Cloverdale Community League renewals moved online in 2021. An initial emailing was done to current CCL members early in September. In case we missed you, please contact Marilyn, our membership director at membership@cloverdalecommunity.com to renew your membership. The family rate is \$25 + GST. The individual membership rate is \$12 + GST.

## Programs and Hall Rentals

Due to the ongoing COVID-19 situation, the Cloverdale Community League board decided to suspend all programs and hall rentals for the remainder of 2020. We look forward to reopening in a safe and secure manner in 2021, subject to COVID-19 protocols in effect at the time. We appreciate your support and understanding. Stay safe. Stay well. Take care of yourselves and other.

**Ottewell Dental Clinic**  
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**WELCOMING DR LEAH CHARLES!**

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<b>President/website</b>	Curtis	President@forestterrace.org
<b>Vice-president</b>	Kathleen	VP@forestterrace.org
<b>Secretary</b>	Allison	Secretary@forestterrace.org
<b>Treasurer</b>	Amber	Treasurer@forestterrace.org
<b>Hall Rental</b>	Tina	Hall@forestterrace.org
<b>Maintenance</b>	Simon	Maintenance@forestterrace.org
<b>Programs</b>	Sarah	Programs@forestterrace.org
<b>Rinks</b>	Scott	Rink@forestterrace.org
<b>SECLA Rep</b>	<b>VACANT</b>	SECLA@forestterrace.org
<b>Soccer</b>	Anj	Soccer@forestterrace.org
<b>Babysitting</b>	Anna	Babysitting@forestterrace.org
<b>Casino</b>	Anna	Casino@forestterrace.org
<b>Grants</b>	Jane	Grants@forestterrace.org
<b>Memberships</b>	Sonya	Memberships@forestterrace.org
<b>Signs</b>	Anj	Signs@forestterrace.org
<b>Newsletter</b>	Kerry	Newsletter@forestterrace.org
<b>Events</b>	Molly	Events@forestterrace.org
<b>Civics</b>	Yvonne	Civics@forestterrace.org
<b>Marketing</b>	Joanne	Marketing@forestterrace.org
<b>ACE</b>	CoraLee	ACE@forestterrace.org
<b>Nbrhood Watch</b>	Madison	Madison@forestterrace.org
<b>Garden</b>	Amber/ Francois	garden@forestterrace.org

## An afternoon of magic

Neighbours were treated to a fun afternoon Sept. 19 when Chris Gowen brought his amazing magic tricks to the hall for an outdoor concert after the Tiny Travelling Farmers Market.

Special thanks to The Button Boss who provided complimentary photo buttons to ticket-holders, to Events Director Molly for organizing and to Memberships Director Sonya for coming out to sell memberships in our community league.



## Lars made us laugh

Edmonton comedian Lars Callieou brought his Firepit Comedy Tour to the Heights early this month and drew a good-size, socially distanced and smiling crowd to the outdoor rink at the hall.

Callieou has appeared at the Just for Laughs Festival in Montral and has a one-hour special airing on The Comedy Network. He's been overseas to entertain Canadian troops five times and is a two-time Canadian Comedy Award nominee who can be heard on CBC's LoL and The Debaters and on Sirius/XM.

He was in the middle of his sixth



annual Australia tour when the pandemic forced him to return home. He jokes that he came up with the Firepit Comedy Tour to save his sanity.

What has brightened up life for you and your neighbours during the pandemic? Send your photos to newsletter@forestterrace.org and we'll feature some in the next newsletter or in the Southeast Voice.

## Travelling Tiny Farmers Market

For the past few weeks, we've had an exciting new addition to our neighbourhood on Saturdays. The Tiny Travelling Farmers Market brings fresh bread, pastries, local organic eggs and B.C. fruit for a stop at the community hall from 12:30 to 1 p.m.

You can order ahead from The Bread Truck at getbread.ca or just try whatever is available.

## Free swims suspended

Due to the pandemic, the City has suspended community league free swims for the remainder of 2020.

League members still have access to the wellness program offered by the City and the Edmonton Federation of Community Leagues. You can more information.

Once free community league swims are re-instated, we hope to again offer two per week.

## Great season in the garden



Thank you to all our gardeners for a wonderful season at The Heights Community Garden. We're looking forward to seeing you all next year.

Why not join the garden committee this winter? We meet once a month from February to October to plan and organize the community garden.

If you want to try your hand at gardening, now is the time to get on the waitlist for next season. Email garden@forestterrace.org.

## Nominate-a-Neighbour Bouquet Winner

This summer we had the opportunity to reward some wonderful neighbours for their kindness with our Nominate-a-Neighbour Bouquet event, brought to you by Capilano Grower Direct and the community league. Most recently, Mary Ann nominated her neighbours Tim and Leanne.

When everyone was isolating in their homes this spring, Tim and Leanne helped with snow shovelling, picking up groceries or anything else their neighbours needed to remain safely at home.

Has a neighbour reached out to you or made a difference on your block? If so, email Sonya at memberships@forestterrace.org or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour Bouquet. Please include your contact information so Sonya can ask what makes your neighbour special.



## Membership benefits

Purchasing a league membership is a small way for each of us to contribute to the betterment of our community. But you'll also get discounts at several local businesses, city recreation centres and fitness programs at the hall, reduced rates for hall rental, access to The Heights community garden and free outdoor skating. For a full list of perks, visit forestterrace.org.

A family membership is just \$30; individual

memberships are \$15; seniors pay \$10; and, if you're new to the area or have never had a membership before, your first year is free by contacting our membership director Sonya at memberships@forestterrace.org or 780-463-1613.

You can buy a membership at efcl.org or purchase in person at Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.

## Pandemic update



The Forest Terrace Heights community hall is open for rentals with the restrictions put in place by the government, including limits on number of guests and sanitization protocols. For amenities and rates, visit forestterrace.org. Contact hall@forestterrace.org with questions.

## Supportive housing development update

The City of Edmonton is proposing the development of a medium-rise apartment building near the skate park in Terrace Heights. It will offer up to 50 units of supportive housing, which the city says is a proven and cost-effective way to provide people who have experienced homelessness with the support, safety and stability they need through on-site staff and wraparound services provided through Homeward Trust.

The City's supportive housing team says community participation has been vital to helping refine such developments, and they want to ensure everyone has an opportunity to share their feedback and ask questions. Community members were invited to provide input on a





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# Fulton Place

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fultonplace.org

## BOARD

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president@fultonplace.org

7808867794

Miles

Vice President League Affairs

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7809515253

Gavin

Vice President Civic Affairs

vpcivicaaffairs@fultonplace.org

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Sherry

Director

sherry@fultonplace.org

Krystina

Director

krystina@fultonplace.org

Fulton Place Garden

fpcgcontact@gmail.com

## FULTON PLACE LOCAL BUSINESS DIRECTORY

At Fulton Place Community League we believe in buying local whenever possible.

If you own a small business in Fulton Place, or live in Fulton Place and own a small business elsewhere, we invite you to submit your business information to us. We will feature it on our website business directory and remind our social and email followers to consider buying goods & services from our neighbours and community. Please email to [info@fultonplace.org](mailto:info@fultonplace.org):

Your name, first and last.

Your business name.

The service or product you offer.

A short, 2 or 3 line summary of your business- who you are and what you do.

You preferred contact information.

Your address, which we will not publish unless it's a part of your business contact. We will use this as proof of your residency in Fulton Place.

## HALL RENTAL

Fulton Place Community League Hall is now available for rent under COVID-19 guidelines. Capacity is 70. We have available:

Tables, chairs, stage.

Well-equipped kitchen & bar. Caterers with COVID-19 food-handling experience required.

Roomy entry-way & cloakroom

Available on weekends, weekdays and some evenings - also available on an hourly basis

For availability, pricing, and viewing please email [sherry-lynn@fultonplace.org](mailto:sherry-lynn@fultonplace.org) or call 780.466.8140. We will return your message within 48 hours.

## MEMBERSHIPS

Memberships are available for sale on our website, at Servus at Capilano Mall and now at All Care Pharmacy at 5016 106 Ave NW. Family is \$25, Adult is \$15, Senior is \$5.

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## Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Cody Charlene	codycharlene86@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Jessica Negrey	negrey@shaw.ca
Bingo Director - Parkway	Charlene Lazenby	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Sign Director	Lindsay Kocil	lindsaykocil@me.com

## Mom and Me Fitness Class

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn, the kids must be able to stay in your taped square on the floor. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join.

This class runs Mondays from 930-1030am at Gold Bar Community Hall. 8 people maximum

This session runs from Sept 13-Oct 26 (no class Oct 12) although you're welcome to join anytime. We will be outdoors for as long as the weather permits.

Contact Lisa to register or with any questions.

Mondays \$60. Sorry no drops in (thanks covid)

Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

## Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands and kettlebells. All ages and all fitness levels are welcome. Social distancing and cleaning will be practiced.

Sundays 7-8pm. And 815-915pm This ses-

sion runs Sept 6-Oct 25 (no class Oct 11) 12 people maximum

Contact Lisa to register or with any questions.

Sundays \$60. Sorry no drops in (thanks covid)

Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

## GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE NOW!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave)- CASH ONLY, ALL CARE PHARMACY (5016-106Ave) come check out these wonderful businesses and pick up your community membership. On the second Tuesday of every month, show you membership card at Blues Java Caf to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5. Everyone who buys a membership gets entered our contest!! You will win a \$20 gift card to BLUES JAVA!!!Reasons to buy a membership: Needed for Registration for sports, Community swim, perks at Blues Java (first

Tuesday of the month, you get a hot beverage) Join in free community events ,and is needed at your local community skating rink.

Bingos have now resumed, and we are looking for workers to help out. Funds raised from these bingos are used to fund community events, and our lovely hall. If you would like to volunteer to work any of our community bingos, please contact Lorie @ 780-447-1110. These events generate revenue for our community

Parkway:

Sunday, Oct 4 evening/late night

Tuesday, Nov.3 evening/late night

Thursday, Dec 31, evening/late night

Fort Road:

Sunday, Nov 1 afternoon/evening

Sunday, Dec 20, afternoon/evening

## CONGRATULATIONS!

### Membership Contest!

August's winner is Patrick Meads

Winner receives a \$ 20 gift card to Blues Java. We will be having a winner once a month (2020/2021). Buy your membership now!!!!

### Past winners:

July's winner - Desiree Blank

\*\*\*Remember to be entered all you have to do is buy your membership at Blues Java or All Care pharmacy, online or by calling Amy 780 668-6836.

on your membership. We will be drawing a winner monthly from everyone that has purchased a current membership.

Gold Bar Hall has reopened for rentals and



events! Some restrictions apply; no more than 50 people indoors and social distancing must be practiced. Please contact goldbarhallrentals@gmail.com for more info!

## Yoga at the Hall

Instructor: Nancy Conlin. Social distancing and other precautions will be practiced. Register by emailing Sharon Harker at gbhallfun@gmail.com and etransferring payment.

OCT 6 TUES 9:45 - 11:00 AM

OCT 8 WED 8:00 - 9:15 PM

You can still register for the last four weeks of Oct for \$40

## New Yoga Classes

Baby and You

Yoga for parents with their infants

5 weeks for \$50

SEPT 29 TUES 11:30 -12:45

Baby and You

6 weeks for \$75

NOV 3 TUES 11:30 - 12:45 PM

Regular Yoga 6 weeks for \$75

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## Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - <b>VACANT</b>	vicepresident@holyroodcommunity.org
Treasurer - Claire	treasurer@holyroodcommunity.org
Secretary - <b>VACANT</b>	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - <b>VACANT</b>	sports@holyroodcommunity.org
Memberships - Jessica	memberships@holyroodcommunity.org
Facilities & Grounds - <b>VACANT</b>	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Social - Jeremiah	social@holyroodcommunity.org
Civics - Dave	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Jaime	garden@holyroodcommunity.org
Rink - Randall	rink@holyroodcommunity.org
Soccer - Jared	soccer@holyroodcommunity.org
Playschool - Jessica	playschool@holyroodcommunity.org
Playgroup - Jessica	playgroup@holyroodcommunity.org
Casino - Alison	casino@holyroodcommunity.org

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League  
Purchase memberships through [efcl.org/membership/](http://efcl.org/membership/)  
Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## COMMUNITY LEAGUE DAY

# THANK YOU FOR YOUR SUPPORT

We had a great time celebrating our great neighbourhood with you on September 19th! Thank you to everyone who purchased a membership, brought their junk out to the big bin, and lounged with us in the park watching

movies and eating cotton candy. It was great to see you all. If you have any ideas for events to help make our neighbourhood stronger and to celebrate togetherness in a safe way, please reach out to [social@holyroodcommunity.org](mailto:social@holyroodcommunity.org)



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587.498.2395  
[info@littlebluefibrestudio.com](mailto:info@littlebluefibrestudio.com)

## CASINO VOLUNTEERS NEEDED



### Holyrood Casino Volunteers Needed!

Pure Casino on Argyll Road  
**November 18<sup>th</sup>  
& 19<sup>th</sup> 2020**

For more information contact  
**[casino@holyroodcommunity.org](mailto:casino@holyroodcommunity.org)**

We are seeking volunteers for our annual fundraising casino. All volunteers will be provided with Personal Protective Equipment (PPE) to ensure safety. Our Casino will take

place on November 18th & 19th at Pure Casino on Argyll Road. Please email [casino@holyroodcommunity.org](mailto:casino@holyroodcommunity.org) for more information or to volunteer!

## HOLYROOD GARDENS/LRT CONSTRUCTION

Have you noticed trucks or heavy vehicles from the construction site at Holyrood Gardens or LRT build driving through the neighbourhood? If you can, take a snapshot, note the

date, time & approximate location, and email [civics@holyroodcommunity.org](mailto:civics@holyroodcommunity.org) or [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org). We are currently working on a file of infractions.




### Get outdoors this winter!

Cross Country Ski and Biathlon Programs  
for people of all ages and abilities.

- Jackrabbits program (ages 3- 12)
- Learn to ski programs for youth and adults
- Classic and skate ski lessons
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- Biathlon programs
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em: [info@edmontonnordic.ca](mailto:info@edmontonnordic.ca)



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**# 120- 8627- 91 Street NW Edmonton, AB, T6C 3N1**



HOLYROOD COMMUNITY GARDEN

The first official planting of the Holyrood Community Garden happened on July 7th, 2020. Garden committee volunteers quickly got to work hauling dirt and planting both flowers and edibles in the beds alongside both the Holyrood Community League hall and the rink shack building, as well as in one large raised bed and two large planters located beside the rink.

Even with the late start, garden committee volunteers were pleased to see a decent harvest! The veggies were harvested and donated to the Edmonton Food Bank on September 19th; Community League day. The harvest consisted of 5 large produce boxes of beets, swiss chard and potatoes. The haul weighed in at just under 37Kg.

Are you passionate about gardening? Keen on what a community garden can bring to a



neighborhood? Want to help and make sure the Holyrood Community Garden is a success? If you answered “yes”- we need you! The garden committee is currently looking for a chair-person! If you are interested or know someone who is, get in touch with us! Please contact [communications@holyrood.org](mailto:communications@holyrood.org)

YOUR HOLYROOD COMMUNITY LEAGUE BOARD

The board is BACK! Reach out to us via social media, or the website, or check out the email list posted in every issue of South East Voice, to reach out and contact us. We are always looking for more volunteers, whether you have an hour a month or 2 days a week, we would love your help!

We are still seeking to fill some vacant positions on the board, if you’re interested, please reach out to our President, Larissa [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org). If you’re nervous

about joining a board for the first time, don’t be...We offer a lot of shared resources and I promise we are all friendly! The time commitment for board positions is flexible, you can put in whatever time you have. The positions that are vacant are:

- Secretary (This position is VITAL to having a functioning board)
- Facilities & Grounds Coordinator (part-time)
- Vice-President
- Sports & Fitness

How to make a mask

Wearing a non-medical mask may help prevent the spread of COVID-19.

There are many ways to make a cloth mask. Here are a few suggestions if you’re wanting to make your own:

- Choose a fabric or cloth that can withstand frequent cycles through washing and drying machines.
- Use multiple layers of tightly woven fabric. Four layers is optimal.

- Use a combination of fabrics, such as a high thread-count cotton (e.g. 600-thread count pillowcases and cotton sheets) with spun bond polypropylene or polyester.
- Use different fabrics or colours for each side of the mask. This helps you to know which side faces your mouth and which side faces out.





# HALLOWEEN PARADE!

JOIN US ON OCTOBER 31ST FOR A SPOOKY, COVID-FREE OUTDOOR PARADE IN THE PARK!




WATCH OUR WEBSITE & SOCIAL MEDIA FOR MORE INFORMATION!

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## Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Vacant	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Corrina	secretary@idylwylde.org
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Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilities@idylwylde.org
Social	Vacant	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org
SECLA	Scott	
General Inquiries	780 466 7383	league@idylwylde.org

[Idylwylde.org](https://www.idylwylde.org) [@IdylwyldeCL](https://twitter.com/IdylwyldeCL) [Idylwylde Community League](https://www.facebook.com/IdylwyldeCommunityLeague)

Purchase your membership online at [efcl.org/membership](https://efcl.org/membership)

New to the neighbourhood or know of someone new to Idylwylde? Contact our Membership chair Michelle to receive one on us. Welcome to the community, we're glad you're here!



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## Cheery Tomato Community Garden

While the harvest has nearly all been gathered, now is the time to start planning our community garden for next year. Stay connected to the community while keeping your physical distance! Our community garden is a great way to get out and stay connected in a safe way. Contact us and we'll let you know how you can be involved with our amazing little community garden as there is always room for more gardeners to join.



## Social Chair Needed

WANTED: Planner supreme with a creative flair for parties, shindigs, and general community get-togethers. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails. Time spent on planning and

coordinating will be up to you, but the main responsibilities are things like community league day, and our winter family fun day! If this sounds like something you would be interested in, get in touch with us today!

## AGM and Community League Day

A huge thank you to all who came out to the AGM and Community League Day!

We saw some new board members elected, and were treated to the musical stylings of the Keith Rempel Band and so much ice cream! Also, we've voted to keep member-

ships free for all of our members this year due to impacts from Covid-19. We also collected feedback regarding a mural project that is starting to take shape for the hall, so keep your eyes peeled for future developments!

## Monthly Community Meetings

Our meetings have gone digital! Contact our President if you would like an invite to our next meeting.

## Hello Neighbour!

Fall is on our doorstep and we are still being energized by stories of kindness between neighbours in our community. The Bonnie Doon Playschool has successfully re-opened in our hall, and we are figuring out how to offer programs and gatherings in a way that meets the requirements of the local and provincial governments.

In the meantime, we're wondering how you are doing? We'd like to know...

**Do you need any help?** If you need help with errands or are finding this time hard and just want to talk, please reach out to the league. You can call/text Kate at 780-430-1531. Calling 2-1-1 is also great for learning about resources to help with things like food, finances, and stress.

**Do you have any great ideas for community activities to do at a social distance?** If you have



a cool project you'd like to lead—apply for a mini grant! The league can offer up to \$100 for supplies and will help to promote it. Just send a paragraph on what you want to do, and why it will benefit the community to [league@idylwylde.org](mailto:league@idylwylde.org).

Please keep sharing your ideas and stories with us, we love to hear from you. Best wishes for a warm and cozy fall.

*The Idylwylde Community League Board*

## New Membership Fee

We've been talking and have been focusing on what is important for our community. It is really important to us that our activities are accessible to all within the community, and with the uncertainty of COVID times and family finances, the Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde!

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amounts. Please contact our membership chair with proof of residency in Idylwylde to get your membership today!



## FUSION FITNESS CLASS

Monday evenings 7:00-8:15pm, October 5 to December 14 at the Community League Hall. Free for community league members, please bring a mask for before and after class.

A low-intensity class combining moves, sometimes in crazy ways. We'll target a variety of aspects of fitness like strength, agility, endurance and more, making your workout more functional. We'll combine moves like Pilates, strength, yoga and cardio, keeping your body and mind engaged. We will be challenging your muscles in different ways to improve your fitness and overall conditioning. Mat, weights and runners required.







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For more information  
or to register contact  
Lisa Leflar by email  
[leflarl@suzukischool.ca](mailto:leflarl@suzukischool.ca)  
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**780.468.2598**



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- Extractions
- Cosmetic dentistry
- Child development program



Lina & Dr. Peter Yoo



Dr. Priscilla Wong



Dr. Bona Zhang

**Hours:**  
Mon: 11am - 8 pm  
Tues: 8 am - 4 pm  
Wed: 12 pm - 6 pm  
Thurs: 8am - 4 pm  
Fri: 8 am - 4 pm



## New Patients Welcome

**Your dental health matters to us.**  
**If you have a dental emergency**  
**outside of office hours phone**  
**Dr. Peter Yoo directly at**  
**780-893-9270**



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## Community League Board

President	Irene	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Jon	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
Treasurer	Colleen	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
Secretary	Maren	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
Adult/Seniors Programs	Loida	please email President for direct information
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Reg	please email President for direct information
Children's Programs	Jo	please email President for direct information
Grant Applications Coordinator	Aly	please email President for direct information
Membership	Rebecca	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Play School	Krista	<a href="mailto:ps@kenilworthcommunity.com">ps@kenilworthcommunity.com</a>
Publicity	Jason	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>
Rentals	Liz and Al	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>
SECLA	Kevin	please email President for direct information
Soccer (indoor)	Vacant	please email President for direct information
Soccer (outdoor)	Vacant	please email President for direct information
Social	John	please email President for direct information
General inquiries & Publicity Requests (SEV & Website): <a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a> Hall Rental requests: <a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a> Keep Current on our website, <a href="http://www.kenilworthcommunity.com">www.kenilworthcommunity.com</a> and on Facebook!		

## Senior's Events will be Back

When possible again Kenilworth will be putting on its senior events again. We have planned  
Dinner and a Movie  
Individual Potrait Sessions  
Afternoon Tea at Hotel McDonald  
City Hall and Art Gallery tours  
Canada Day breakfast

Dinner and Dance at Kenilworth Community League  
Remembrance Day Event  
We also received permission to use our funding to put towards essential items like hand sanitizer, soap, tissues or other items for seniors. Please contact us if we can help.

## Dogs Off Leash at Kenilworth Rink

Dogs off Leash application has been submitted. Awaiting more information and next steps.

## SUPPORTING LOCAL BUSINESSES DURING COVID-19

One of the cornerstones of a great community are the businesses that keep our community strong and vibrant! As many businesses struggle during this pandemic here are some ideas of how you can stay connected and support a few of our local Kenilworth and area businesses.

Anvil Coffee House – temporarily closed. Gift cards can be purchased online. Coffee beans and brewing supply delivery offered. Visit [anvilcoffeehouse.com](http://anvilcoffeehouse.com)

Frame of Mind - still open as they are a UPS drop off and pick up point. Will offer curbside pick-up or drop off and gift cards can be purchased online. Visit [frameofmind-inc.ca](http://frameofmind-inc.ca)

Brandsma Auto – open regular hours! Call Ed 780-466-5497 to give your vehicle some TLC.

Sport Shack- Storefront closed. Open by appointment only.

Royal Pizza – Modified hours. Sun -Thurs 11-8 Fri & Sat 11-10. No more than 3 customers in store at a time. Curbside pick-up and delivery available.



Yoga Within – brick and mortar studio temporarily closed. Many classes available by subscribing to Yoga Within's new you tube channel! Consider donating for these classes at [yogawithin.ca](http://yogawithin.ca) if you're able. Follow on Instagram and Facebook! [yogawithin.ca](http://yogawithin.ca)

G & E Pharmacy – open regular hours. Curbside pickup and delivery available. Call 780-465-3608 or email [curbside@gepharmacy.com](mailto:curbside@gepharmacy.com)

We know there are many more businesses that operate in our neighborhood so please consider connecting with them and exploring how you can support them! And please don't forget to support our advertisers who make *Southeast Voice* possible. Support local and help keep our businesses vibrant!



## Scrapbooking /Card Making



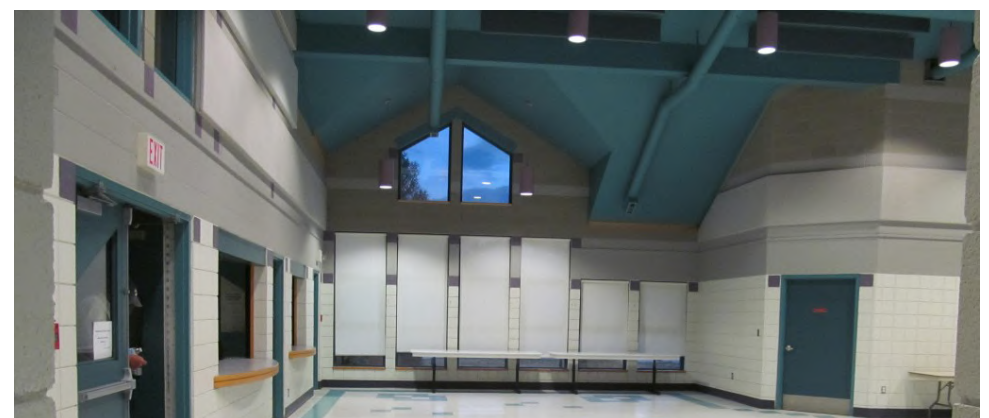
Scrapbooking/ Card Making Garage Sale will be held at  
**Kenilworth Community Hall**  
**7104-87 Avenue**

Saturday, October 17, 2020 at 9:30 to 1:00 p.m.  
Great bargains for you for your next projects!

All COVID-19 Protocols will be followed.  
Hand sanitizing, distancing, and masks are mandatory.

For info email Liz: [kenilworthscrapbooking@gmail.com](mailto:kenilworthscrapbooking@gmail.com)

## Hall Rental Rates



The hall is closed currently due to COVID 19 however we are still accepting booking for later in the year in hopes that we might all be through this by then.

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)

KCL Hall Rental Rates: (Seating 160)  
**Members**      **Non-Members**  
Weekend (Fri.pm – Sun.pm)

\$450.00	\$550.00
Day Rate	
\$300.00	\$385.00
Damage Deposit	

\$250/day rate	\$550/day rate
\$450/weekend	\$550/weekend

\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.

To book the hall, email is preferred, [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.



Scrapbooking/ Card Making Garage Sale

Kenilworth Community Hall  
7104-87 Avenue  
Saturday, October 17, 2020 at 9:30 to 1:00 p.m.  
Great bargains for you for your next projects!

All COVID-19 Protocols will be followed.  
Hand sanitizing, distancing, and masks are mandatory.  
For info email Liz: kenilworthscrapbooking@gmail.com

Adult Badminton

Adult badminton on Tuesdays and Thursdays 7:30 pm to 9:30 pm at Kenilworth School, 7005-89 Ave, October to May, with no play in December. New members can sign up at the school, Thursday, Oct 1. Cost is \$30 for the full year.  
This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing doubles

at one time. We have a rotation system of play, so players do not pick and choose their team mates or opponents. The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, our club has members with a variety of skill levels.  
To contact the Kenilworth Badminton Club: send email to: kenilworthbadmintonclub@protonmail.com

Bingos

Bingos are back on! Please contact Julia at 780 476-2992 if you can volunteer. Our revenue from Bingos is more important than ever right now.  
October 4 Afternoon

October 26 Evening/Late  
November 19 Evening/Late  
December 27 Evening/Late  
January 29 Evening/Late

KCL Membership Drive & Community League Day

A HUGE SUCCESS!  
Thank you to everyone who made it out for a less than usual year for our annual membership event! Sometimes challenges provide an opportunity for creative out of the box thinking and we had so much fun putting together a safe and inclusive outdoor event this year. Special thanks to The Salvation Army Band, The Leo Martinez Project, Abundant Communities, EFCL, Bhagavans Ice Cream truck and all those who helped create beautiful chalk art all around the hall! We have such a great community and it was so nice to see so many familiar and new faces



PLAYSCHOOL

For more information or to register, please contact Irene at: president@kenilworthcommunity.com

VOLUNTEER OPPORTUNITIES

Many opportunities are available: Soccer Director, Adult Programs, Children's Programs, Capital Projects, Bingo Alternate, Neighbourhood Watch.  
We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a compli-

mentary Community League Membership. This is a great way to meet community residents and contribute to your community.  
Please call Ian @ 780-717-3578 for more info on how you can make a difference in your community.

Have a New Neighbor? Are You New to Kenilworth?

We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885. We will deliver a free Community League membership along with information about all the activities

this League offers.  
Don't have your 2019/2020 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.  
Need one RIGHT NOW! Go to www.efcl.org and purchase one online!

Backyard Safety for Children

Playing outside is important as it helps a child's development and well-being. It also provides exercise. Watching your child while they are playing in the backyard is important, because backyards can be full of dangers. You can prevent injuries by making sure the yard is safe for kids.

**Did you know?**  
Falls are the leading cause of playground injuries. Falls from high places and onto hard surfaces can cause serious injuries.  
Strangulation is the most common cause of playground death.  
Children are attracted to fire, and summer brings an increase in burn injuries from outdoor grills.  
Almost all trampoline injuries to children involve backyard trampolines.

**Managing the risks**  
Dangers in the backyard may involve play equipment, swimming pools, barbecues, lawnmowers, and poisonings.  
Proper supervision, safe environments, hazard awareness, and participating in age-appropriate activities all help reduce the risk of injury to children in their own or in someone else's backyard.

Supervising a child during play can help prevent injury. Supervision is recommended until the child reaches 12 years of age.  
Always have a responsible person watching young children while they play in the backyard.  
Watch children play on backyard playgrounds. Be physically near them while they use play equipment or are near or in pools or hot tubs.  
Stay close enough that you can take action if needed. Stay alert, pay close attention, and

anticipate hazards  
**Survey the Yard**  
Make sure all fence gates are self-closing and self-latching.  
Have a fence separate the play area from the driveway and garage.  
Block all balcony stairs with gates that self-close and lock.

**Trampolines**  
Do not use backyard trampolines. Jumping on the trampoline is a high risk activity with the potential for significant injury to children and youth. Alberta Health Services and The Canadian Pediatric Society recommend that parents not buy or use trampolines at home (including cottages and summer residences) for children and youth.

The risk of the trampoline is in the use of the trampoline. Parents may think that safety nets, most often sold with trampolines to prevent people from falling off, will reduce this risk, but in reality, fewer than 30 per cent of trampoline injuries are caused by children falling off the trampoline.

**Sandboxes**  
Check sandboxes regularly to make sure they are in good repair, with no protruding nails or splintered wood.  
A sandbox cover is recommended, especially if pets roam freely in your neighbourhood.  
Cover the sandbox at night.

**Lawn Sprinklers/Water Slides**  
Use only on grass.  
Make sure the area is free of obstacles and debris.  
Teach children to slide sitting up and not to walk or run on water slides.

How to make or buy a mask



**Making a mask**  
Wearing a non-medical mask may help prevent the spread of COVID-19.  
There are many ways to make a cloth mask. Health Canada has sew and no-sew options. Here are a few suggestions if you're wanting to make your own:  
● Choose a fabric or cloth that can withstand frequent cycles through washing and drying machines.  
● Use multiple layers of tightly woven fabric. Four layers is optimal.  
● Use a combination of fabrics, such as a high thread-count cotton (e.g. 600-thread

count pillowcases and cotton sheets) with spun bond polypropylene or polyester.  
● Use different fabrics or colours for each side of the mask. This helps you to know which side faces your mouth and which side faces out.  
**Buying a mask**  
If you are buying a cloth mask, make sure it:  
● has multiple layers of fabric  
● fits securely against your face  
● allows for clear breathing  
● can be laundered.  
Find out more about when and how to wear a cloth mask at www.alberta.ca/masks.



# Ottewell

## Board Members

Executive:  
President – Corinne  
Vice President – Colleen  
Secretary – Sandra L.  
Treasurer – Eric  
Board Members:  
Bingo Director – Kyla  
Casino – Colleen  
Hall Manager – Tim  
Grants – Dillion  
Big Bin – Andrew  
Building Projects – Lukas  
History of Ottewell Committee - We need more members!  
Indoor & Outdoor Soccer Director – Cory  
Summer Playground Director – Colleen  
Social Team – Many OC Members  
Playschool Rep – Jason  
Rink Chair – Tom  
Maintenance – Frank  
Membership Director – Lindsay  
Communications – Diana  
Website – Tim  
EFCL Rep – Corinne  
SECLA Rep - Sandra  
All positions are volunteer. Please send all inquiries via email to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call 780-469-0093 to leave a message. Someone will return your call.  
Ottewell Community League  
5920 93A Avenue NW  
Edmonton AB T6B 0X2

## Spooktacular Yards



This year Halloween will be a bit different. Participate in the Ottewell Spooktacular Yard decorating contest! Just decorate your home, take a picture, and email the picture and your address to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). Community members will vote on the best Ottewell Spooktacular Yard. Winners will receive a pizza night package from Red Swan Pizza, along with some sweet treats from Caught in the Cookie Jar. Prize packages will be awarded in mid-November. Get creative, Ottewell! We look forward to your submissions.

## Connect Your Business to the Ottewell Community

The Ottewell Community League wants to promote local Ottewell businesses. Please consider offering discounts to OCL members when they present their current community league membership to encourage local shopping and support. Thank you to Diane Robitelle for offering a 10% discount on piano lessons to OCL members. Dianne has been teaching piano for ten years, students aged 7 to adult. If you would be interested in piano

## OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. Our next virtual meeting will be on Tuesday, October 13, at 7pm. If you would like to attend please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). You will be sent a meeting invitation via ZOOM.

## Ottewell News and Information Board

Post your ideas and share your quarantine adventures with our community! OCL bulletin board, located outside the community hall, is our go-to place for neighborhood information. Whether you have lost a pet, have a service to offer, or simply want to let others know what's happening in your community, please post your messages here.

Please use our bulletin board to communicate with all your neighbours!

## Thank You for Your Support

The community league supports families in need through our school community. Thank you to Steve and Dan's Online Farmers Market, Soup Time, and Lacombe Fresh for working with us to support Ottewell families.

## Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see what it is! Keep up-to-date on all the events by subscribing to email updates at [Ottewell.org](http://Ottewell.org) or by following us on Facebook at [facebook.com/OttewellEvents](https://www.facebook.com/OttewellEvents).

## Community Playschool

The Ottewell Community League Playschool has moved! We are happy to report that we will be operating out of the Ottewell Community Hall this fall. Classes will resume in Fall of 2020.

We're accepting registrations for Fall 2020. For registration inquiries, please contact Tyler, Director, at [playschoolocl@gmail.com](mailto:playschoolocl@gmail.com) or (780) 271-6846.

## Volunteer with the Ottewell Community League

### Why volunteer?

Volunteering allows you to connect to your community and make it a better place. Volunteering is a two-way street; it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.



## Become an Ottewell Community Snow Angel

Ottewell Community League is looking for volunteers to help our seniors with snow removal this winter.

We are looking for people to help with:

- clearing snow as a SNOW ANGEL,
- the management of our new snow removal equipment,
- keeping a record of our snow angels and contacting them when we have a senior in need, and
- keeping track of seniors in need.

If you are able to help, please send your name, contact information, and the role you're interested in to Colleen at [ottewellsocial@gmail.com](mailto:ottewellsocial@gmail.com)



[gmail.com](mailto:ottewellsocial@gmail.com)

Ottewell residents are amazing and kind. We can make this a great program to support and help our most vulnerable.

## Ottewell Community Park

Fall has arrived at the Ottewell Community Park. Days are getting shorter, so make the most of time spent at the park.

The fall colors at the park provide a beautiful backdrop for family photos. Take advantage of what we have in our community, and capture the memories!

Please remember to play safe. Respect the Alberta Health requirements.

Children may find it difficult to avoid touching their eyes, nose or mouth. This can lead to the spread of the virus to playground equipment, other children and other families.

Consider visiting playgrounds only in your



neighborhood. Pack hand sanitizer containing at least 60% alcohol content and use it right before and right after using playground equipment. If you see any suspicious activities at Ottewell Community Park, please contact 311.

## Ottewell Rink

The Ottewell Community League is in the process of building a new rink. Summer 2020 was phase 1 - resurfacing the concrete pad to ensure proper drainage. This allows us to use the rink space all year long.

\*\*\*\* We will have more information as to what the Ottewell Community Rink will be providing this winter\*\*\*\*

Watch for rink fundraising events this fall and in the spring of 2021.



## Ottewell Hall

The Ottewell Hall is not available for rentals at this time.

OCL board members are working hard to put COVID-19 procedures in place to ensure that we can provide safe access to small group programs in the fall.

We will be posting hall rental requirements for future rentals and further program information on our website, [ottewell.org](http://ottewell.org).

## OCL Bingo Events

Bingo is back! Come out to Parkway Bingo Hall on the following days:

October 5, 2020; March 14, 2021  
May 22, 2021; June 11, 2021

Due to COVID-19 physical distancing requirements, only 132 customers will be allowed in the hall at any time. To check out the specifics, contact Parkway Bingo Hall. Please consider supporting your community event.



EPS Safety Information for Our Community

Safety tips from EPS - PDF at <https://tinyurl.com/y4z6gy7k>

When at Home:

Lock your doors. When in your backyard, lock your front door. When inside the home, keep your doors locked.

Keep your blinds/curtains closed at night so people can't see in.

Consider installing an alarm system.

Have an emergency kit prepared.

Never leave your children at home alone.

Be wary of strangers coming to your door.

In Your Yard:

Ladders: If you keep ladders out, be sure to chain or padlock them. A ladder can be used to gain entry to second story windows. If at all possible, store the ladders in a shed or garage.

Tools: Put tools away after a day of yard work. Lock them in a shed or in an enclosed garage area. Screwdrivers, hammers and pry bars can be used to break into your home, garage, or vehicle.

Tables and chairs: Use a chain or a cable to lock your patio furniture.

Bicycles and other ride-on toys: Store them in a garage or shed. If you do not have either, lock them to something that can't be moved.

Trim trees and bushes that could conceal burglars, especially around windows and doors.

Keep your yard maintained to give the house a lived-in appearance. Cut grass, rake leaves,



remove dead branches and debris.

Install motion-sensitive outdoor lights to brighten dark areas around doors or windows.

Ensure your fence and gate are in good repair. Check for holes and damage. Keep your gate locked at all times and ensure the lock works properly. A lock or latch that self closes and can be padlocked when you are away is recommended. Install privacy slats in chain link fences.

In Your Community:

Get to know your neighbors. Residents should become familiar with the routine in their neighborhoods.

Be aware of strangers and look out for each other.

Leave keys and emergency phone numbers with a trusted neighbor.

Keep up appearances. A well-tended neighborhood is less attractive to criminals and vandals.

Get involved in crime prevention programs.

Ottewell Community in Bloom



Thank you all those that had submitted your pictures of your yards in bloom. Great colours, hard-working Ottewell neighbours! Our lucky winners are:

Barb and John Sinosich  
Trina Letniak  
Emilie Stark  
Sonia Candler

All will receive a \$25 dollar gift card to Bountiful Farmers Market.

Girl Guides Registration

Unleash her potential!

Registration for Girl Guides programming starting this fall is now open! Please visit [www.girlguides.ca](http://www.girlguides.ca) for details. We are also seeking women to join our sisterhood of volunteer leaders. If you are interested in volunteering with a local unit, we would love to chat with you. Please contact our Helen Burns District Commissioner, Darcie Johnson, at any-edmhelenburnsdc@girlguides.ca

Keeping Ottewell Clean

Thank you to those Ottewell neighbours who participated in the Big Bin Event, with a special shout out to Andrew, Eric, Scott, Russ, and Lyndsey.

Thank you for keeping our community clean!

Ottewell 120th Scouting

120th Ottewell Scouts will be running a Fall Bottle drive on Saturday, October 17, to support the restart of Scouting Adventures outdoors.

Due to COVID restrictions, we will be accepting community donations at the Ottewell United Church parking lot. Look for a flyer in your mailbox. Thank you for your ongoing support!

Free trial memberships are available until the end of 2020 for girls and boys age 5-26. Register at [scouts.ca](http://scouts.ca)

Come join our outdoor adventures!

Ottewell and Area New Moms' Group

Being a new mom is challenging, especially during these times. If you're looking to connect with other new moms in the area in a supportive and non-judgmental setting, join the Ottewell and Area New Moms Group. We'll meet online every second Wednesday from 11-12 am to share and discuss challenges, successes, and issues impacting ourselves and our families. Sign up by emailing [aceottewell@gmail.com](mailto:aceottewell@gmail.com) as soon as possible; spots are limited.

Garden Harvest in Ottewell

Are you wondering what to do with all that zucchini? I have found a recipe that my family loves ! I typically hide a jar or two to share in the winter months. Takes a bit of time but well worth it. Enjoy!

ZUCCHINI SALSA

Ingredients:

10 cups zucchini, peeled & shredded

4 onions, chopped

2 green peppers, chopped

2 red peppers, chopped

14 cup pickling salt

1 tablespoon pickling salt

2 tablespoons dry mustard

1 tablespoon garlic powder

1 tablespoon cumin

2 cups white vinegar

1 cup brown sugar

2 tablespoons red pepper flakes

1 teaspoon nutmeg

1 teaspoon pepper

5 cups chopped ripe tomatoes

2 tablespoons cornstarch

12 ounces tomato paste

Directions:



Day One: In a large bowl combine zucchini, onions, green pepper, red pepper and 14 cup pickling salt salt. Mix together, cover and let stand overnight.

Day Two:

Next day rinse, drain well and put into a large pot. Add mustard, garlic, cumin, vinegar, brown sugar, pepper flakes, salt, cornstarch, nutmeg, pepper, 1 Tbsp salt, tomatoes and tomato paste. Bring to a boil and simmer for 15 minutes. Pour into sterilized jars and seal. Water bath jars for 15 minutes if they have not sealed properly.

Ottewell Artisan Farmers' Market

<https://ottewellafm.wixsite.com/web>

\*\*\* UPDATED INFO COMING SOON\*\*\*

The farmers' market is currently closed due to logistical issues, but the Ottewell community is working to secure a location for this market that everyone can access.

The Ottewell Artisan Farmers' Market is an Alberta-approved weekly, indoor/outdoor,

year-round farmers' market. We bring a variety of farm fresh products to you each Thursday, along with artisan foods & crafts. Your food is coming to you directly from the grower or producer, so it's fresher, healthier, and lasts longer. Support the local farmers, producers and makers, keeping our dollars in our community. Consider supporting and shopping local.

OCL Swim News

Unfortunately, Community Swim is no longer available for Community League Members at any of the City Pools. The City will be reviewing this program to determine when and how it will be reinstated in the new year.

OCL Members can still access the Community Wellness Program any time, including:

**Annual Membership** - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

**Multi Admission Pass\*** - 15% discount on our already discounted multi admission pass

Stay-cations: What are You Doing this Fall?

Check out your City. There are so many spaces to explore in our own backyard! Check out this website to see more of what is happening in Edmonton. <https://tinyurl.com/y3r776jb>

Stay-cation Day Trip #3

Elk Island National Park

35 minutes east of Edmonton on Highway 16 is a natural wonderland of more than 250 species of birds, elk, moose and, of course, the majestic bison. Hike or bike the numerous trails around the park. Plan a picnic lunch and enjoy the wonderful outdoors. Stay into the evening so you can watch the stars. The park is open all year long to you to enjoy. Admission is under \$10 for adults and youth ages 6 – 17 are free. Please submit any pictures of your visit to the large monuments in northeast Alberta or to the Ukrainian Village, or Elk Island to our FB page, and you could win a prize!

Abundant Community Edmonton - Ottewell



ABUNDANT COMMUNITY

Now more than ever, we need to maintain our connections to our neighbourhood and community. The Abundant Community Edmonton program features Block Connectors throughout Ottewell, your block's point person, party person, and listener.

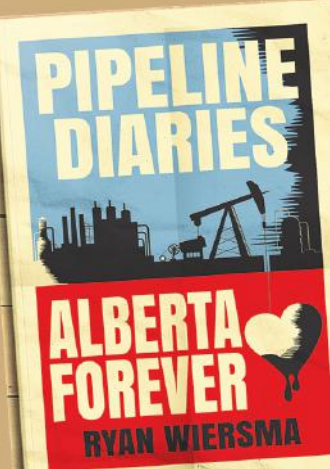
If you're in need of support, assistance, or connection during this time, please reach out to ACE Ottewell at [ACEOttewell@gmail.com](mailto:ACEOttewell@gmail.com) to reach a Block Connector near you. For more information, visit [ottewell.org](http://ottewell.org)



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WHAT'S YOUR HOME WORTH?

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**"Seniors Real Estate Specialist"**

**MaxWell**

Devonshire Realty



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**\*Over 100 Items\***

including: antiques, collectibles, vacation packages, jewellery, gift cards, children's books/toys and **much, much more!**

Find links to our auction site on our Grace United Church facebook page or website or go directly to:  
[www.auctria.com/auction/graceunitededmonton](http://www.auctria.com/auction/graceunitededmonton)

**REGISTRATION OPENS: NOW!**

**AUCTION OPENS: October 1<sup>st</sup> 9:00AM**

**AUCTION CLOSES: October 14<sup>th</sup> 10:00PM**

Follow the link above to register! Only your name and email address are required. No email? Contact Rachael or Rose to register for phone bidding.

Once registered, you will receive more information regarding the bidding process.

Questions? Contact:

Rachael

[rmlammie@outlook.com](mailto:rmlammie@outlook.com) 780-224-8120

or

Rose

[rosefedorak@telus.net](mailto:rosefedorak@telus.net) 780-469-1056

**REGISTER  
TODAY!**

## Look for ways to lower your stress

Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it. Consider trying some of these ideas:

- Learn different ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- Find healthy ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- Try new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Or write down your worries and work on letting go of things you cannot change. Learn to say "no."
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better.

Sometimes stress is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counsellor. Call Health Link at 811 if you need help.

How can you relieve stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
- Focus on the present. Try meditation and imagery exercises. Listen to relaxing music. Try to look for the humour in life. Laughter really can be the best medicine.

*Thank you for your support*

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Thank you to the people of Avonmore, Capilano, Cloverdale, Forest Terrace Heights, Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth, Ottewell and Strathearn for your continuing support. We are your local florist for all occasions and we deliver  
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## Community League Board

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Leah	vicepresident@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	James	secretary@strathearncl.org
Membership Director	Annette	membership@strathearncl.org
Building & Grounds Director	Rob	grounds@strathearncl.org
Rink Director	Vacant	rink@strathearncl.org
Social Director	Jen	events@strathearncl.org
Communications Directors	Pam/Evan	communications@strathearncl.org
Programs Director	Erin	programs@strathearncl.org
Members at Large	Kim/Robert	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
A.V. Club/Youth Director	Andrew	avclub@strathearncl.org



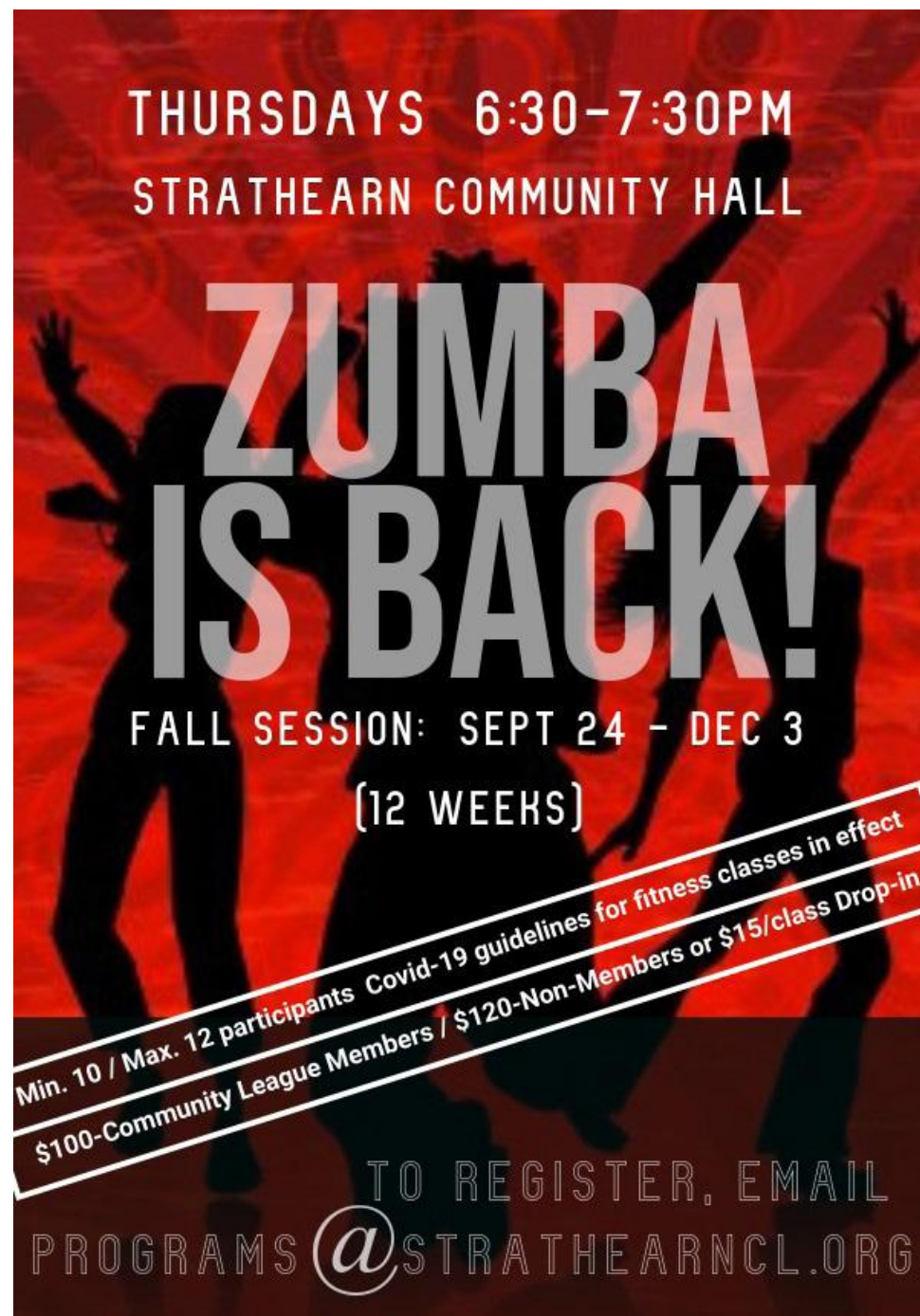
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Plus free range eggs, fruit  
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Order Notes

**West of the Hall - 90th St + 95th Ave.  
due to construction, access from the north**

**SATURDAYS 1:30-2:30PM**



**THURSDAYS 6:30-7:30PM**  
**STRATHEARN COMMUNITY HALL**

**ZUMBA  
IS BACK!**

**FALL SESSION: SEPT 24 - DEC 3**  
**(12 WEEKS)**

Min. 10 / Max. 12 participants Covid-19 guidelines for fitness classes in effect  
\$100-Community League Members / \$120-Non-Members or \$15/class Drop-in

TO REGISTER, EMAIL  
**PROGRAMS@STRATHEARNCL.ORG**

## Strathearn Community Hall now accepting new rentals!

New public health protocols and equipment were installed and the Hall re-opened since mid-July with no issues to date. Maximum capacity is now 35, there are some new restrictions on food and beverage service, and additional cleaning and sanitizing measures are in place. Book with hall@strathearncl.org.

Join the frightful festivities on Friday October 30th as we celebrate Halloween at the Hall! At 5:30pm we welcome kids and pets (and their parents and owners) to participate in a socially-distanced outdoor costume parade. Spectators are welcome, but you can also check out the great costumes through our SCL social media channels, where we will be sharing photos for those at home. After the parade (around 6:15pm), kids can complete a spooky scavenger hunt and grab a goody bag from the hall once they have solved all the clues.





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**Holyrood Pharmacy**

**Flu shots  
available  
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**Free prescription  
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**Prescribing pharmacist  
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every Wednesday for  
seniors**

**Injection administration  
and vaccination service**

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**HOURS**

Monday to Friday  
9:00 am - 8:00 pm

Saturday  
10:00 am - 6:00 pm

Sunday  
11:00 am - 5:00 pm

**Ph: 780. 440. 2066      9020-75 St**



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780-777-8446



## Call-out for SCL Casino Volunteers!

We're taking a second crack at the Casino in 2020 and seeking volunteers for a few more shifts (still need to fill 12 more spots at time of publication deadline!) This is a great chance to hang out with your neighbours

while raising funds for the community! The dates are Tuesday, October 13 & Wednesday, October 14, at the Casino Yellowhead. You can sign up for shifts at: <https://signup.com/go/RcOULqk> TIA!

## Thank you for experiencing our Outdoor Gallery!

The Strathearn Art Walk has officially wrapped up the first Outdoor Gallery Experience, and would like to extend a giant thank you to all the artists who contributed and to all the people (and dogs) who walked the path and checked out the art in Strathearn Park between mid-August and mid-September.

A special thank you again to the Edmonton Arts Council and the City of Edmonton as this event would not have been possible without their support. This summer has shown how resilient and creative the arts community in Edmonton truly is and the Strathearn Art Walk Society remains committed to find different opportunities to showcase art in #yeg spaces.

Follow us on Facebook and Instagram (@strathearnartwalk) as we continue to showcase different ways, we can support artists, musicians, and local businesses. If you have an opportunity for an artist to showcase their work, email us at [info@strathearnartwalk.com](mailto:info@strathearnartwalk.com). We would love to hear from you!



## Deck-tober returns!

Saturday, October 10th from 3-5 pm at the SCL Hall Deck. Enjoy a free soft pretzel and hot chocolate while you learn about winter cycling. Our special guest Carla from Outspokin Bike Works will provide an intro to bike repair and maintenance especially tailored to kids and beginners (watch her session on our YouTube channel if you can't make it in person). Other experts will share their tips for gear, techniques, and safety in winter cycling. Seasoned cyclists are welcome to join to meet other enthusiasts in the neighborhood!





STRATHEARN COMMUNITY LEAGUE PRESENTS:

# HALLOWEEN PARADE

FOR COSTUMED KIDS AND PETS!

5:30PM THE NIGHT BEFORE HALLOWEEN

FRIDAY 30 OCTOBER

SILVER HEIGHTS PARK, STRATHEARN

+ SPOOKY SCAVENGER HUNT & TREATS !

PHYSICAL DISTANCING AND SAFE DISTRIBUTION OF INDIVIDUALLY WRAPPED TREATS



Strathearn COMMUNITY LEAGUE

# AFTER-SCHOOL ACTION!

THURSDAY AFTERNOONS STARTING SEPTEMBER 17TH, 3:30-5:30 PM

ALL AGES MULTI-SPORT DROP-IN

YOUNG CHILDREN MUST BE SUPERVISED

SILVER HEIGHTS PARK

NORTH OF 95TH AVE, OFF 90TH ST.

TRY A DIFFERENT SPORT EACH WEEK!



# BARRE

Fall Session 8 weeks Sept 19- Nov 7

SATURDAYS 9:30 - 10:30am



Strathearn Community Hall

\$80 for Community League Members  
\$100 for Non-Community League Members  
\$15/class for Drop-ins

Min. 9 / Max. 12 participants

To register email [programs@strathearncl.org](mailto:programs@strathearncl.org)

CENTRE D'ARTS VISUELS DE L'ALBERTA

# ATELIER YOG'ART

Chaque deuxième Samedi à 13 h, commençant le 3 octobre, votre CAVA vous offre un atelier de Yoga et Art bilingue!

15\$ par séance

Pour s'inscrire veuillez contactez Armand à [administration@galeriecava.com](mailto:administration@galeriecava.com)





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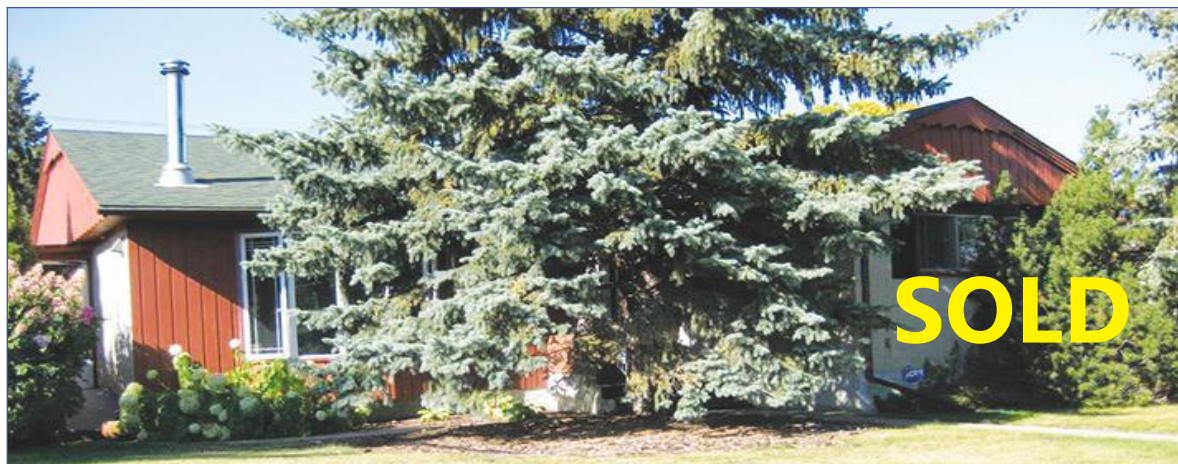
**King Edward Park:** Semi Bungalow, newer OVERSIZED double garage, sewer line, electrical service, 14.2 m X 39.9m lot.



**Boonie Doon Raised Bungalow:** Perfect starter home with in-law suite and double garage. **PRICED TO SELL.**



**Saskatchewan Drive Condo:** City view, full renovation, 2 Bedrooms, 2 Bathrooms (ensuite), in-suite laundry and underground parking. \$90,000 in upgrades. **BEAUTIFUL UNIT.**



**Gold Bar:** Fantastic river valley location, wood burning fireplace, beautiful yard with perennials.